

A New Beginning for Medicine and Therapeutics Research Communication

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It is with immense pride, humility, and a deep sense of responsibility that we present to you the inaugural issue of Medicine and Therapeutics Reviews (MTR). The launch of a new journal is not simply the birth of another platform for scholarly communication; it is the planting of a seed, with the hope that it will grow into a tree under whose shade generations of researchers, clinicians, and students will gather to share ideas, challenge conventions, and build knowledge together.

At the very outset, we wish to articulate the philosophy that drives MTR. This journal has been conceived as a comprehensive, open access, peer-reviewed forum dedicated to advancing medical science in all its breadth. Our guiding conviction is that methodological rigor—rather than fashionable topics, prestigious institutions, or pre-conceived notions of importance—should be the bedrock of scientific publishing. MTR will not measure contributions solely by the magnitude of their findings but by the strength of their design, the clarity of their analysis, and the transparency with which they are presented.

Why Another Medical Journal?

The natural question arises: with so many medical journals in existence already, why launch yet another one? Our answer is both simple and profound. Scientific publishing today still struggles with the challenge of bias—bias in favor of positive results, bias toward high-profile topics, and bias against contributions from regions or institutions outside the

traditional centers of research power. Too often, robust studies that yield negative or null results remain unpublished, relegated to desk drawers or forgotten data files. This distorts the collective understanding of evidence, perpetuates inefficiencies in research, and at times even misguides clinical practice.

MTR explicitly rejects this bias. We affirm that negative results are not failures; they are knowledge in its purest form. They tell us what does not work, they save others from repeating fruitless paths, and they refine our collective map of the unknown. By pledging to provide equal dignity to such studies, MTR seeks to counterbalance a culture that often rewards spectacle over substance.

At the same time, we recognize the growing need for spaces that foster interdisciplinary collaboration. Modern medicine does not advance in silos—it thrives at the intersections. The surgeon's precision gains from the insights of biomedical engineering, the epidemiologist's models are enriched by sociological understanding, and the pharmacologist's laboratory findings reach their true potential only when translated into bedside benefit. MTR has been envisioned as such an interdisciplinary meeting ground, welcoming contributions that cross boundaries and invite dialogue between diverse disciplines.

Rooted in the North-East, Reaching Out to the World

The North-East region of India, from which this journal emerges, is a land of immense cultural and biological diversity. Its peoples, traditions, and ecosystems represent a unique confluence rarely found elsewhere. Yet, despite this richness, the region has historically been underrepresented in national and international scientific literature.

There are several reasons for this. The geographical remoteness of the North-East, infrastructural limitations, and fewer opportunities for mentorship have all contributed to the relative invisibility of research from this region. But invisibility should never be mistaken for absence of potential. In fact, the North-East offers unparalleled opportunities for medical and therapeutic research. Disease patterns here differ from other

parts of the country, offering valuable insights into epidemiology and public health. Biodiversity, both flora and fauna, presents untapped avenues for pharmacological discovery. Sociocultural diversity makes this a fertile ground for understanding health behaviors, traditional medicine, and the interaction between modern science and indigenous practices. By establishing MTR in this context, we hope not only to highlight the scholarship emerging from the North-East but also to integrate it seamlessly into the global scientific conversation. The journal will serve as a bridge—between regions, between disciplines, and between tradition and modernity.

Methodological Rigor as the Cornerstone

We cannot overstate the emphasis MTR places on methodological rigor. In an era where speed often trumps reflection, where preprints spread before peer review, and where flashy headlines sometimes overshadow cautious interpretation, the temptation to compromise on methodological soundness is strong. But science is cumulative, and every weakly designed study that enters the record weakens the foundation upon which future knowledge is built.

MTR will therefore evaluate submissions with a clear lens: Was the study question well posed? Was the design appropriate to answer it? Were the analyses transparent and reproducible? Were the limitations honestly acknowledged? These, rather than the “importance” of the topic or the direction of the findings, will be the chief criteria by which we judge contributions.

We are mindful, too, of the danger of equating methodological rigor with elitism. Rigor does not mean complexity for its own sake, nor does it mean that only those with access to cutting-edge technology can contribute. A carefully conducted community-based survey, if done with sound sampling and transparent reporting, has as much right to space in our pages as a high-end genomic study. By encouraging clarity, honesty, and reproducibility, MTR hopes to democratize rigor.

The Value of Negative Results

One of the boldest commitments of MTR is to provide a home for negative and null results. This stance is not merely rhetorical; it arises from a recognition of the distortions introduced by publication bias. For decades, meta-analyses across fields have shown that the absence of published negative studies inflates effect sizes, leading clinicians to overestimate the benefits of interventions and underestimate their risks. Patients, ultimately, pay the price for this skewed evidence.

By embracing negative results, MTR seeks to correct this imbalance. We will publish such studies not as afterthoughts but as essential contributions. Indeed, the courage to report what does not work is as vital as the ingenuity to discover what does.

We envision MTR as a space where discoveries in basic science are not confined to the laboratory but are translated into clinical practice, public health policy, and improved patient outcomes. Conversely, we also see it as a space where clinical observations and community health needs feed back into the research agenda, shaping what scientists investigate.

Open Access for Equity

We live in a time when access to knowledge is as important as its creation. Far too often, journals hide findings behind paywalls that exclude those without institutional subscriptions. For practitioners in resource-limited settings—often the ones who most need the information—such barriers are prohibitive.

MTR is therefore proud to be fully open access. Every article we publish will be freely available to anyone, anywhere. We see this not merely as a logistical choice but as an ethical one. Knowledge that can save lives or improve care should not be rationed according to ability to pay.

Looking Ahead: Building a Culture of Research

As we launch this first issue, we are acutely aware that a journal is not built overnight. It takes years to establish credibility, to attract high-quality submissions, and to become a trusted voice in the scholarly community.

But every long journey begins with a first step, and we believe this step is worth taking.

Our vision for MTR is not just to publish papers but to nurture a culture of research in the North-East and beyond. We hope to encourage young investigators to submit their first manuscripts, to guide them through the peer review process, and to help them grow into confident contributors to global science. We also aspire to make MTR a space where senior scholars mentor the next generation through editorials, commentaries, and collaborative writing.

A Call to Our Readers and Contributors

A journal is only as strong as its community. We invite you—researchers, clinicians, educators, students—to see MTR as your own platform. Submit your work, review for us, engage with what we publish, and hold us accountable to the ideals we have declared.

Above all, we invite you to share in the belief that science advances not through isolated flashes of brilliance but through the collective effort of many minds, working rigorously, transparently, and collaboratively.

In closing, the launch of Medicine and Therapeutics Reviews is both a beginning and a promise: a beginning of a platform rooted in the North-East but reaching out to the world, and a promise to value rigor over rhetoric, inclusivity over elitism, and openness over restriction.

We look forward to walking this journey with you.

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